

YOUTH MINISTRY ADDENDUM

Empowering Young Voices



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Overview of Diocese of San José Youth Ministry Addendum to the Pastoral Plan

The Youth Ministry Task Force has prayed, listened, and discussed feedback from nearly 1,000 youth from our parishes and schools, as well as 200 youth delegates at the recent Youth Assembly. This is the heart of their following recommendations for youth ministry moving forward, so that our parishes and schools become places where youth encounter Jesus, grow in friendship, and lead as missionary disciples.

Vision

Across the Diocese, we want every teen to be known by name and welcomed with joy. That means investing in the people who serve them, training mentors who walk with them, and creating spaces that feel safe, hopeful, and alive. Step by step, we'll offer real paths for prayer, leadership, service, and a living relationship with Christ.

Objectives

OBJECTIVE 1: FORMATION, ADVOCACY & DEVELOPMENT

Formation creates lifelong disciples rooted in love and grace. Advocacy calls the Church to fully integrate adolescents—and those who serve them—into parish and school life.

- **Youth:** More access to youth spaces and age-appropriate gatherings, with practical barriers lowered (cost, timing, transportation).
- **Youth Mentors:** Personal invitation and outreach through trusted adult mentors who accompany teens and point to reliable spiritual and intellectual resources.
- **Youth Ministers:** Real support for youth ministers—spiritual care, reasonable workloads, fair compensation, and public recognition of their evangelical role.

OBJECTIVE 2: RESOURCES & SUPPORT FOR MENTAL HEALTH

We seek parish and school environments that are respectful, safe, trustworthy, and loving—where youth can bring their whole selves, including their joys, questions, and struggles.

- **Youth:** Safe spaces that are age-appropriate and trusted.
- **Youth Mentors:** A professional pastoral role to train and coach youth ministers and lay leaders in responding to mental health and spiritual needs.
- **Youth Ministers:** An intercultural network of support that includes families and the broader community.
- **Youth Ministers:** Faith-integrated tools that connect Catholic wisdom with practices that foster mental wellness (guided reflection, stories of saints who persevered, and more).

Objectives (continued)

OBJECTIVE 3: DIOCESAN-WIDE PROGRAMMING

Shared experiences build Catholic identity, diocesan pride, and joyful encounters with Christ.

- **Youth:** A steady rhythm of events matched to development (retreats, rallies, assemblies), plus summer offerings, catechetical partnerships, and service/mission opportunities.
- **Youth Mentors:** Accessible mentors and tools (menu of programs, speakers, venues, and practical contacts).
- **Youth Ministers:** Investment in youth ministers through a practical “Manual” (processes, standards, best practices) and workshops (budgeting, comms, small-group skills, pastoral care, mental-health awareness).

OBJECTIVE 4: ORGANIZATIONAL COHESIVENESS & COMMUNICATION

Clear, consistent planning and digital-first communication to knit chancery, parishes, schools, and families together.

- **Youth:** Treat social media as a direct line to teens; use creative staffing for event-based content.
- **Youth Mentors:** Empower youth creators (with supervision) to speak to their peers across the Diocese.
- **Youth Ministers:** Align plans at an annual diocesan gathering and share the calendar publicly.
- **Youth Ministers:** Keep an updated resource hub with trustworthy theological, intellectual, and spiritual materials.

Shared Language

To stay aligned across parishes and schools, here is how we will use the following terms consistently:

Youth Ministry

“By, with, and for” ministry for grades 6–12.

Youth Minister

Adults (25+) serving professionally or as committed volunteers in parishes, schools, apostolates, and organizations.

Youth Mentors

Adults (25+) who accompany youth primarily as volunteers/advocates.

Youth Leaders

Students (grades 6–12) serving in leadership roles.

Resources / Spaces:

Events, programs, media, mentors, and physical, emotional, mental, and spiritual opportunities.

Youth Ministry Task Force Members

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How these objectives support the Pastoral Plan

These objectives put into practice our diocesan commitment to collaboration, accompaniment, clear communication, and co-responsibility so that youth, ministers, and families can flourish together on the *Journey to 2031 of spiritual renewal*.

QR Code to Pastoral Plan



Contact

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